



# CLASS SESSION 2 | 8 WEEKS

## OCT 28TH - DEC 22ND



**PRICING = \$160.00 FOR 8 WEEKS**

Annual registration fee **DUE** = \$75.00 per athlete / \$125.00 per family  
 \*No more than 2 make-ups are allowed - make-up during Open Gym times within session\*

### MONDAY:

**3:30-4:30**  
Londonderry

**4:00-5:00**  
**Open Gym**  
\$10 members  
\$15 non-members  
Exact cash only

**4:30-5:30**  
Windham  
Jr. Pee Wees

**5:00-6:00**  
Goffstown

**5:30-6:30**  
Windham JV

**6:00-7:00**  
Salem Rams

**6:30-7:30**  
**Level 2**

**7:30-8:30**  
South Sabres

### TUESDAY:

**3:30-4:30** Alvirne

**4:00-5:00** HMS  
Starts 11/12

**4:45-5:30** \*4 weeks  
**Stretch & Flex**

**4:30-5:30** Bow  
Starts 11/26

**5:00-6:00**  
Bedford D8/10

**5:30-6:30**  
**Level 3**

**6:00-7:00**  
Windham  
Mitey-Mites

**6:30-7:30**  
**Layouts & Fulls**

**7:00-8:00** GSE

**7:30-8:30**  
UMASS Lowell

### WEDNESDAY:

**3:30-4:30**  
Bedford HS

**4:00-5:00**  
**Tiny Tumbling**

**4:30-5:30**  
HL Bears D6/8

**5:30-6:30**  
**Level 2**

**6:30-7:30**  
Nashua, Trinity  
& Souhegan

**7:30-8:30**  
Bedford D12

### THURSDAY:

\*6 WEEKS = \$120  
\*NO CLASS 10/31, 11/28

**3:30-4:30**  
**Level 2/3**

**4:30-5:30**  
Lond. Wildcats

**5:30-6:30**  
**Level 1**

**6:30-7:30**  
PA & BG

**7:30-8:30**  
HL Bears D10/14

### FRIDAY:

\*7 WEEKS = \$140  
\*NO CLASS 11/29

**4:00-5:00**  
HB Rebels

**4:30-5:30**  
Bedford D14

**5:00-6:00**  
M. Hawks L1/2

**5:30-6:30**  
M. Hawks L3+  
\*bhs required

**6:00-7:00**  
Blue Lions

**7:00-8:00**  
**Open Gym**  
\$10 members  
\$15 non-members  
Exact cash only

### SATURDAY:

**9:00-10:00**  
**Tiny Tumbling**

**10:00-11:00**  
**Level 1**

**11:00-12:00**  
**Level 1**

**11:00-12:00**  
**Level 2**

### SUNDAY:

**5:00-6:30**  
**Coach Craig's**  
**Open Gym**  
\$20 per person  
Exact cash only

## CLASS DESCRIPTIONS

### **TINY TUMBLE (AGES 4-6) \*NO TUMBLING EXPERIENCE REQUIRED**

- This class will focus on building strong fundamental skills important to the progress of level 1 tumbling. Students will work on skills including forward / backward roll, cartwheel, round-off, front / back walkover.

### **LEVEL 1 | BEGINNER (AGES 7+) \*NO TUMBLING EXPERIENCE REQUIRED**

- This class will focus on building strong fundamental skills important to the progress of level 1 tumbling. Students will work on skills including forward / backward roll, cartwheel, round-off, and front / back walkover, as well as power hurdle round-off and level 1 combinations.

### **LEVEL 2 | INTERMEDIATE (AGES 7+) \*MUST HAVE BACK / FRONT WALKOVER & ROUND-OFF**

- This class will focus heavily on standing and round-off back handspring. Students will perfect back handspring technique and execution. This class will include training in multiple back handspring combinations as well as advanced level 2 tumbling combinations.

### **LEVEL 3 | ADVANCED (AGES 7+) \*MUST HAVE STANDING BACK HANDSPRING & ROUND-OFF BACK HANDSPRING**

- This class will focus on transitioning into multiple back handspring back tuck combinations. Students will work on drills, techniques, and approaches for standing tumbling sequences as well as appropriate advanced level 3 tumbling combinations.

### **LEVEL 4 | PRE-ELITE (AGES 7+) \*MUST HAVE PERFECTED ROUND-OFF BACK HANDSPRING TUCK**

- This class will focus on standing tucks, whips, and round-off back handspring layouts. Students will work on drills, techniques, and approaches for standing tumbling sequences as well as appropriate advanced level 4 tumbling combinations.

### **LAYOUTS & FULLS | ELITE (AGES 7+) \*MUST HAVE PERFECTED ROUND-OFF BACK HANDSPRING TUCK**

- This class will focus on strengthening advanced standing and running tumbling, including standing tuck and jump to tuck combinations. Students will work on skills including layout, layout full, and standing tumbling combinations to layout and layout full.